



US009421416B2

(12) **United States Patent**  
**Mortensen et al.**

(10) **Patent No.:** **US 9,421,416 B2**  
(45) **Date of Patent:** **Aug. 23, 2016**

(54) **FOLDING ELLIPTICAL STABILIZATION SYSTEM**

(71) Applicant: **ICON Health & Fitness, Inc.**, Logan, UT (US)

(72) Inventors: **Nathan Mortensen**, Montpelier, ID (US); **William T. Dalebout**, North Logan, UT (US); **Trenton Von Larsen**, Hyrum, UT (US)

(73) Assignee: **ICON Health & Fitness, Inc.**, Logan, UT (US)

(\*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 27 days.

(21) Appl. No.: **14/303,459**

(22) Filed: **Jun. 12, 2014**

(65) **Prior Publication Data**

US 2014/0371034 A1 Dec. 18, 2014

**Related U.S. Application Data**

(60) Provisional application No. 61/834,709, filed on Jun. 13, 2013.

(51) **Int. Cl.**  
**A63B 22/04** (2006.01)  
**A63B 22/00** (2006.01)  
(Continued)

(52) **U.S. Cl.**  
CPC ..... **A63B 22/0002** (2013.01); **A63B 22/0012** (2013.01); **A63B 22/0664** (2013.01);  
(Continued)

(58) **Field of Classification Search**  
CPC ..... A63B 22/0002; A63B 22/0664; A63B 22/0012; A63B 2225/09; A63B 2225/093; A63B 2071/025; A63B 2071/0625; A63B 2071/063; A63B 71/0619

See application file for complete search history.

(56) **References Cited**

**U.S. PATENT DOCUMENTS**

5,746,683 A \* 5/1998 Lee ..... A63B 22/001 482/51  
5,782,722 A \* 7/1998 Sands ..... A63B 22/001 482/51

(Continued)

**FOREIGN PATENT DOCUMENTS**

CN 201815049 U 5/2011  
WO 9958204 A1 11/1999  
WO 2008138124 11/2008

**OTHER PUBLICATIONS**

International Search Report issued for PCT/US2014/042179 on Oct. 10, 2014.

(Continued)

*Primary Examiner* — Oren Ginsberg

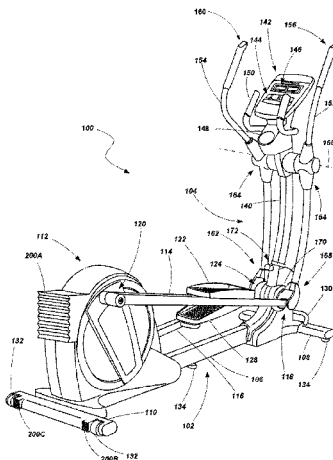
*Assistant Examiner* — Megan Anderson

(74) *Attorney, Agent, or Firm* — Holland & Hart LLP

(57) **ABSTRACT**

An elliptical exercise machine, in one aspect of the invention, includes at least one frame member, a rear rotational mechanism associated with the at least one frame member, a first foot support member pivotally coupled to a portion of the rotational mechanism, a second foot support member pivotally coupled to another portion of the rotational mechanism, a plurality of support pads, each support pad having an engagement surface lying substantially in a first plane and a plurality of support structures, each support structure having an engagement surface lying substantially in a second plane, the first plane being at a defined angle relative to the second plane. The entire elliptical machine may be rotated through the defined angle to place the elliptical machine in a storage position. In one embodiment, the first assembly may be pivotal relative to the second assembly.

**19 Claims, 13 Drawing Sheets**



- (51) **Int. Cl.**  
*A63B 22/06* (2006.01)  
*A63B 71/06* (2006.01)  
*A63B 71/02* (2006.01)
- (52) **U.S. Cl.**  
 CPC ..... *A63B71/0619* (2013.01); *A63B 2022/067*  
 (2013.01); *A63B 2071/025* (2013.01); *A63B*  
*2071/063* (2013.01); *A63B 2071/0625*  
 (2013.01); *A63B 2210/50* (2013.01); *A63B*  
*2225/09* (2013.01); *A63B 2225/093* (2013.01)
- (56) **References Cited**

## U.S. PATENT DOCUMENTS

5,860,895 A \* 1/1999 Lee ..... A63B 22/001  
 482/51  
 6,030,320 A \* 2/2000 Stearns ..... A63B 22/0664  
 482/51  
 6,190,289 B1 2/2001 Pyles et al.  
 7,462,135 B2 \* 12/2008 Lo ..... A63B 22/001  
 482/52

English Machine Translation of claim 1 of CN 201815049 published  
 on May 4, 2011.  
 Icon Health & Fitness, U.S. Appl. No. 14/303,451, filed Jun. 12,  
 2014.  
 Icon Health & Fitness, U.S. Appl. No. 14/303,464, filed Jun. 12,  
 2014.

\* cited by examiner

## OTHER PUBLICATIONS

FIG. 1

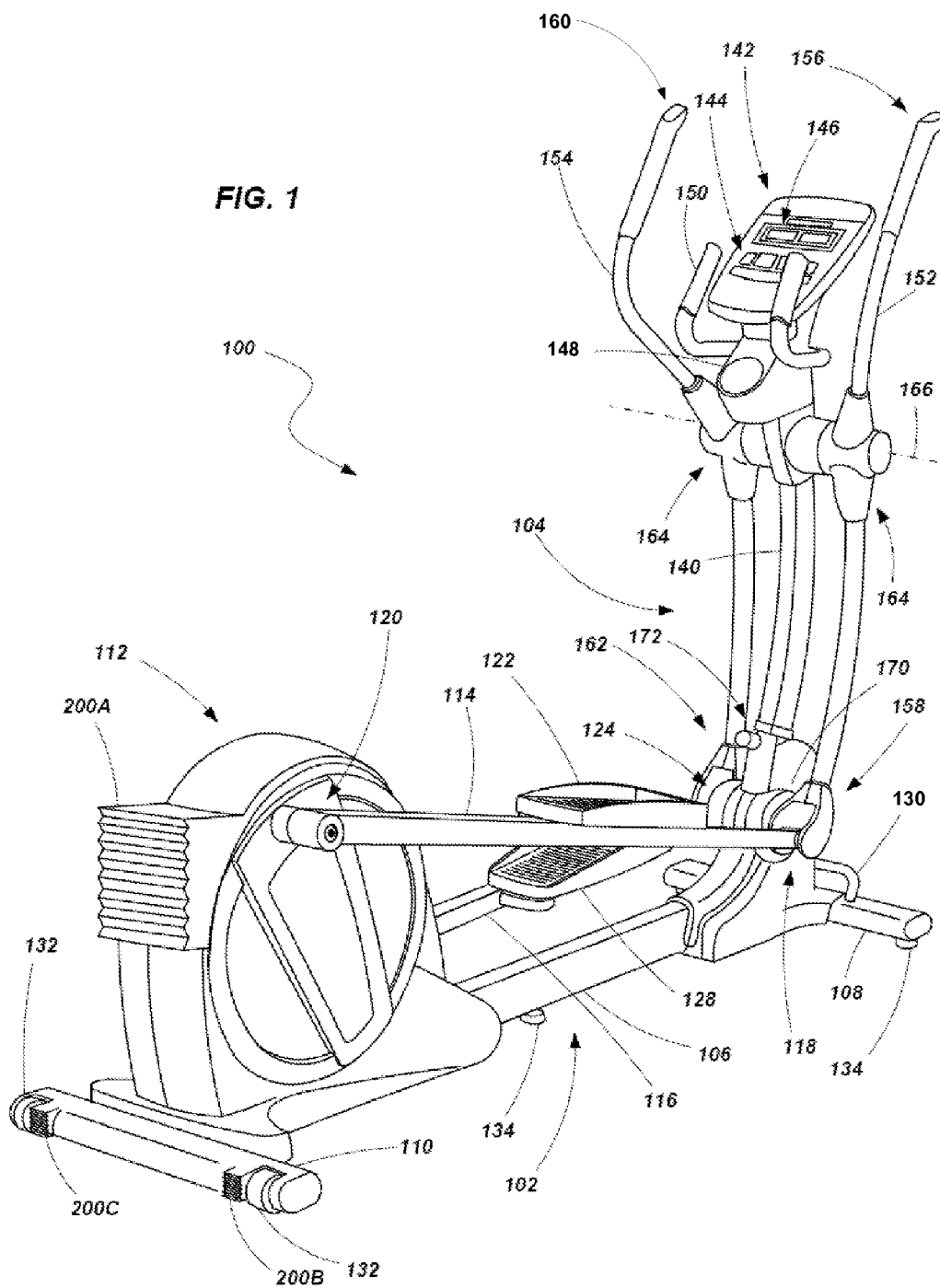
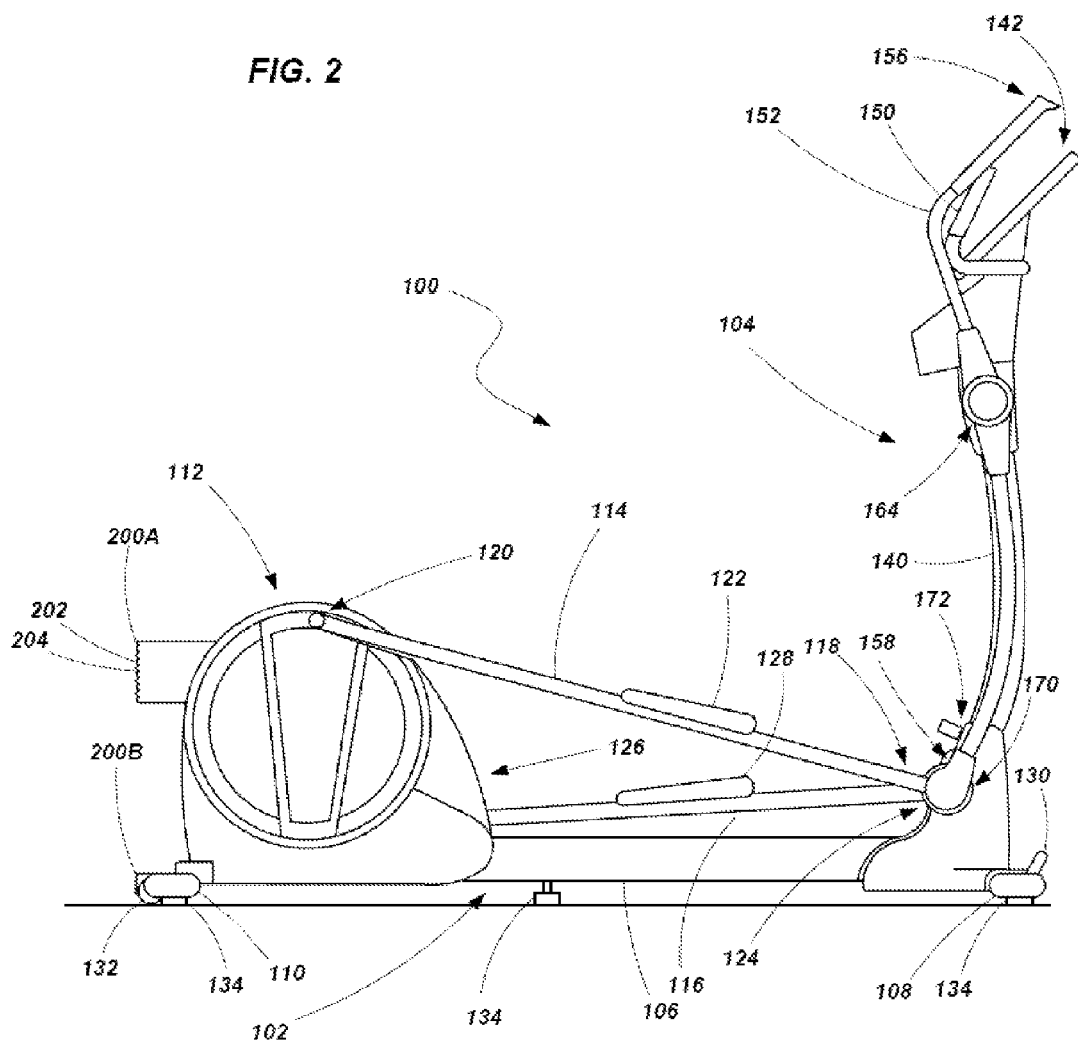
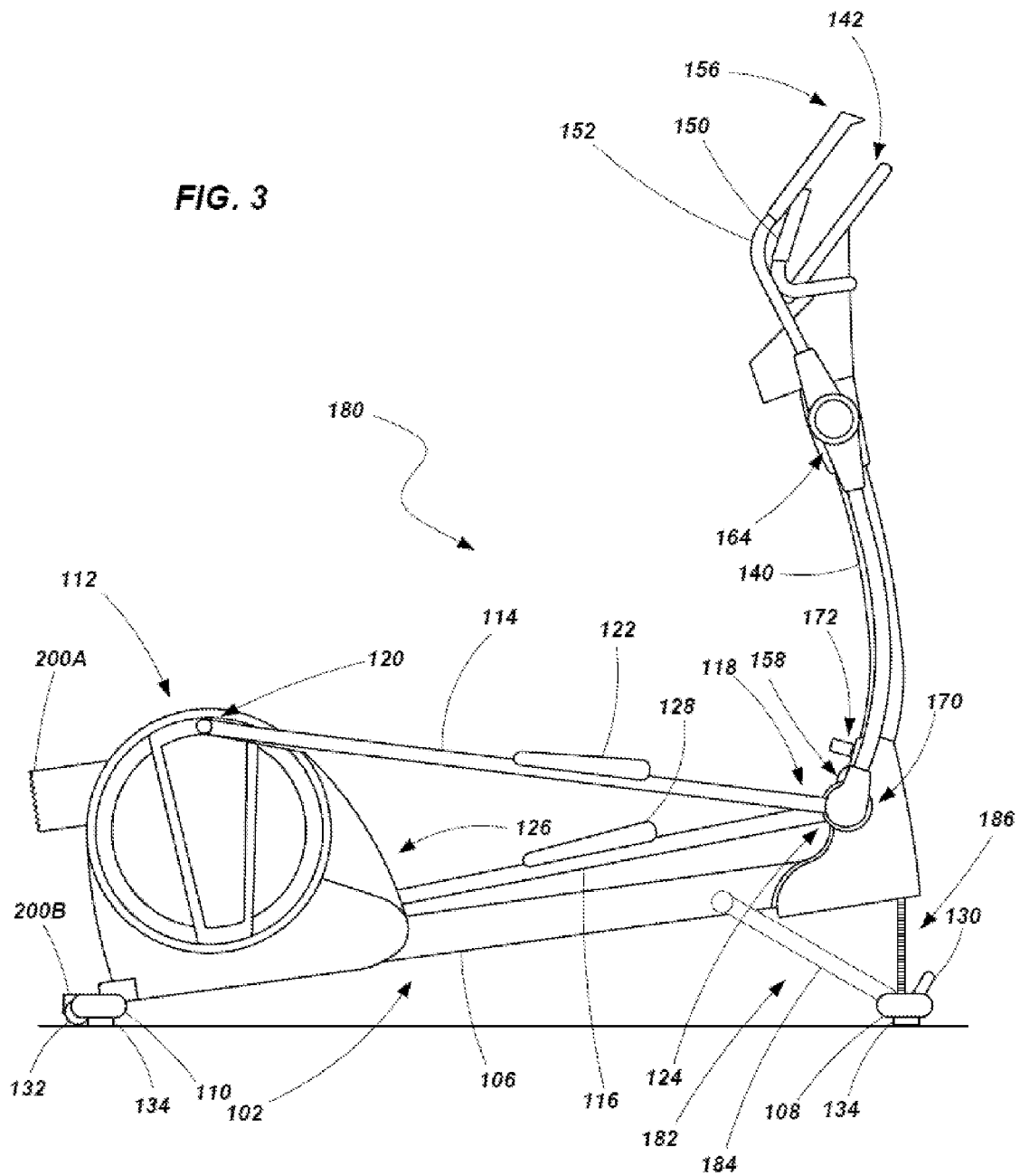


FIG. 2



**FIG. 3**



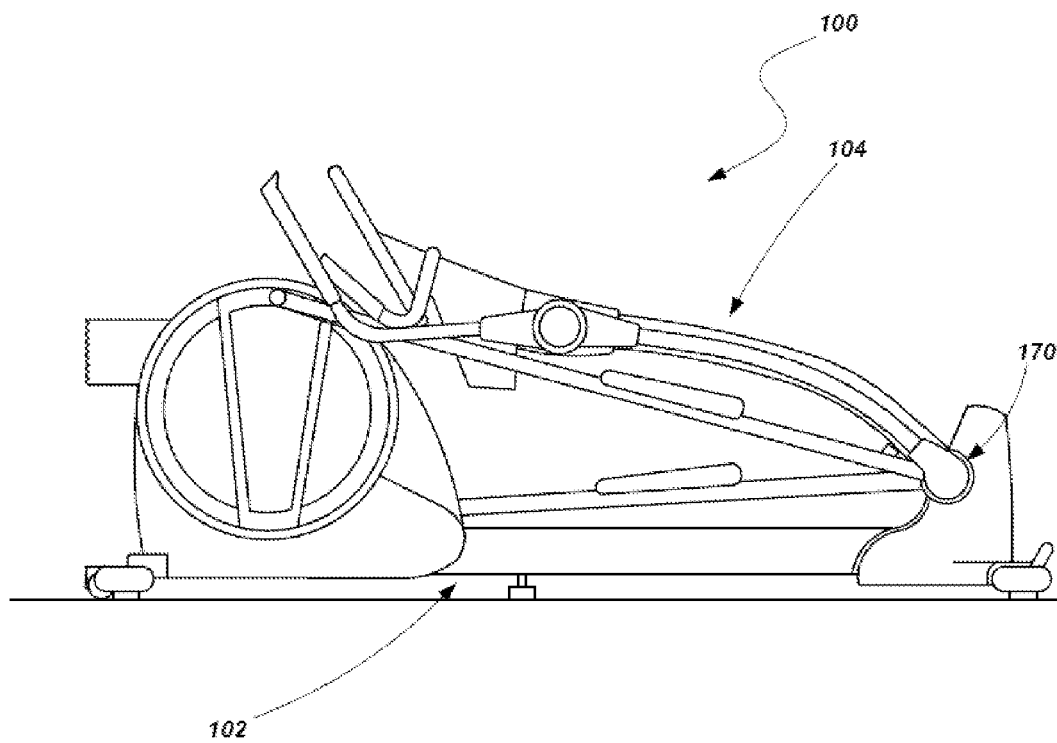


FIG. 4

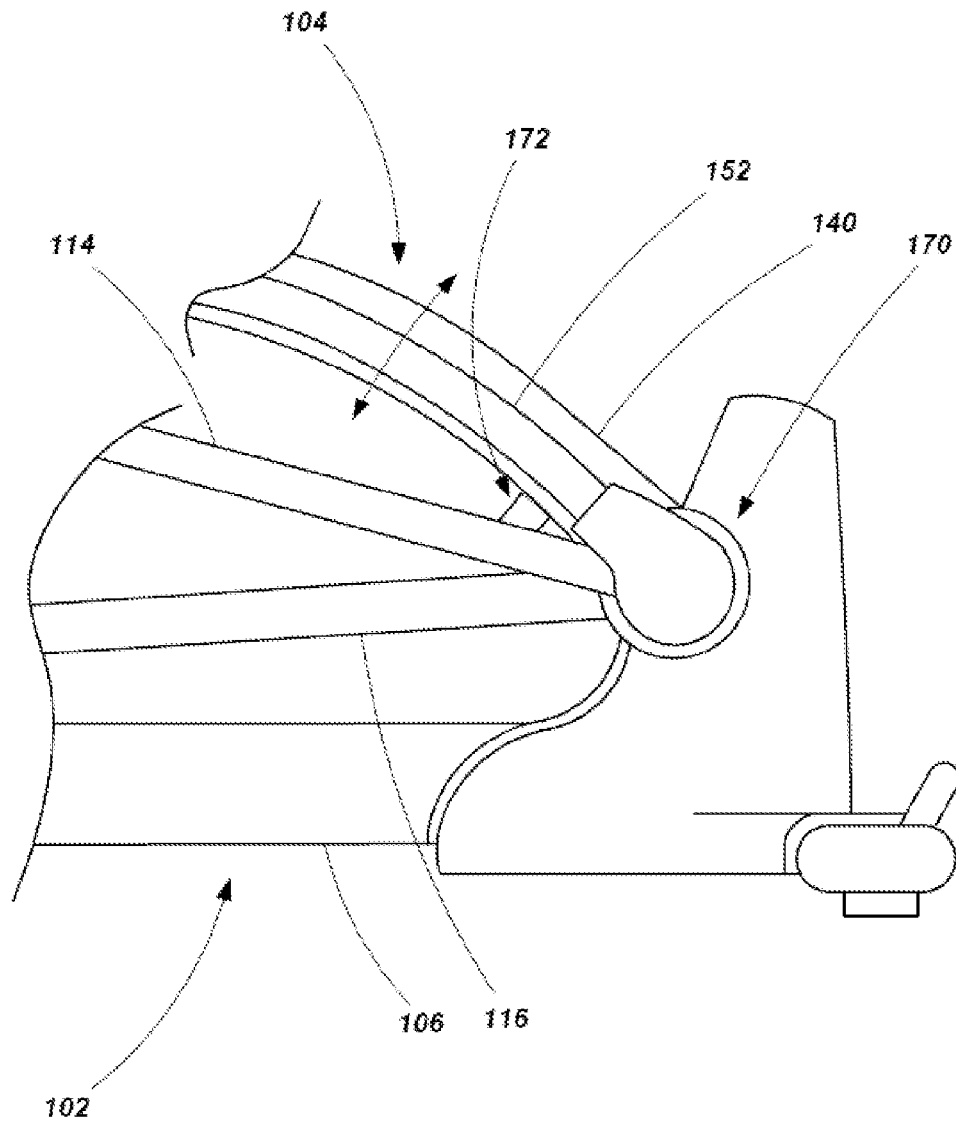


FIG. 5

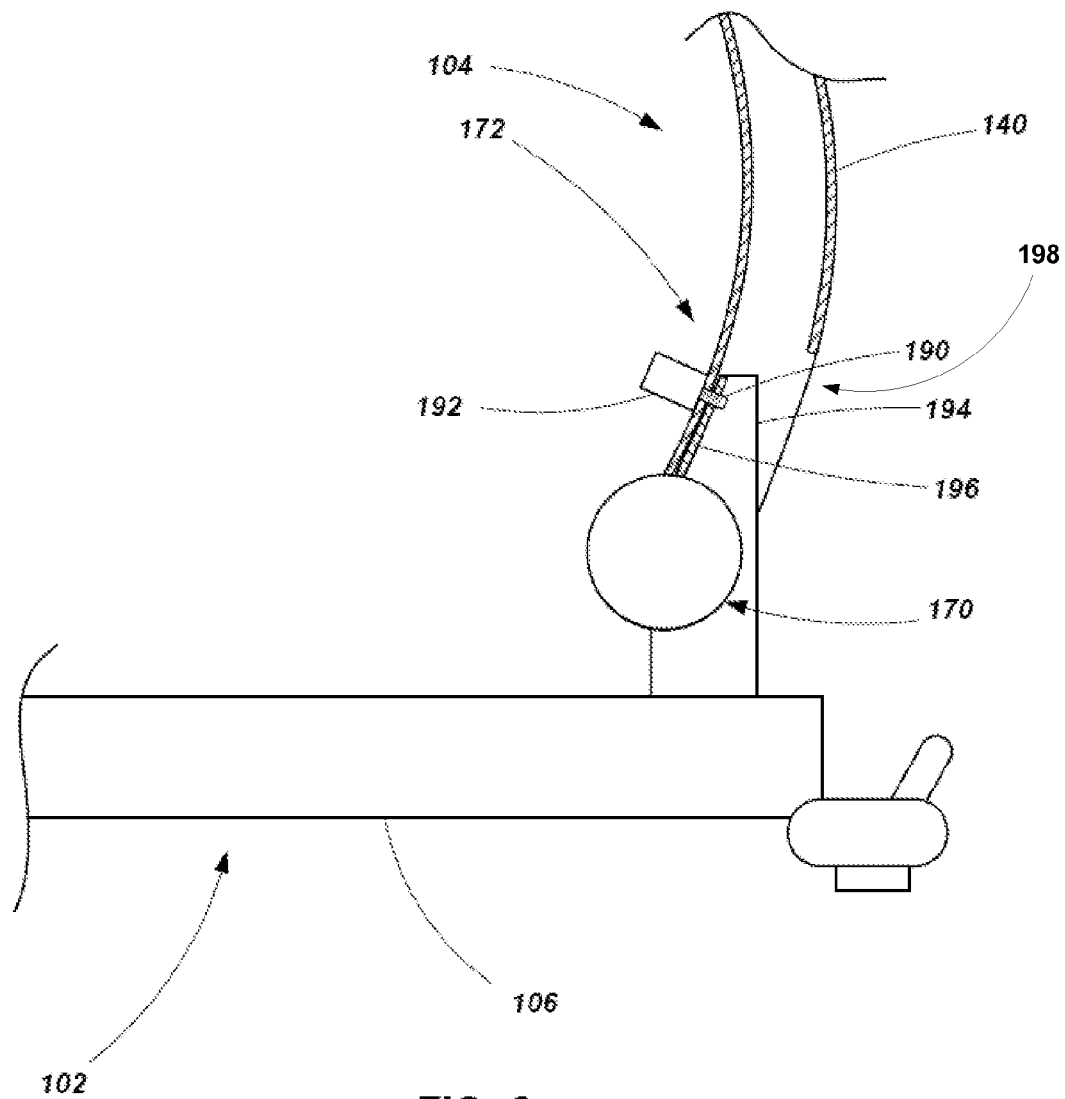
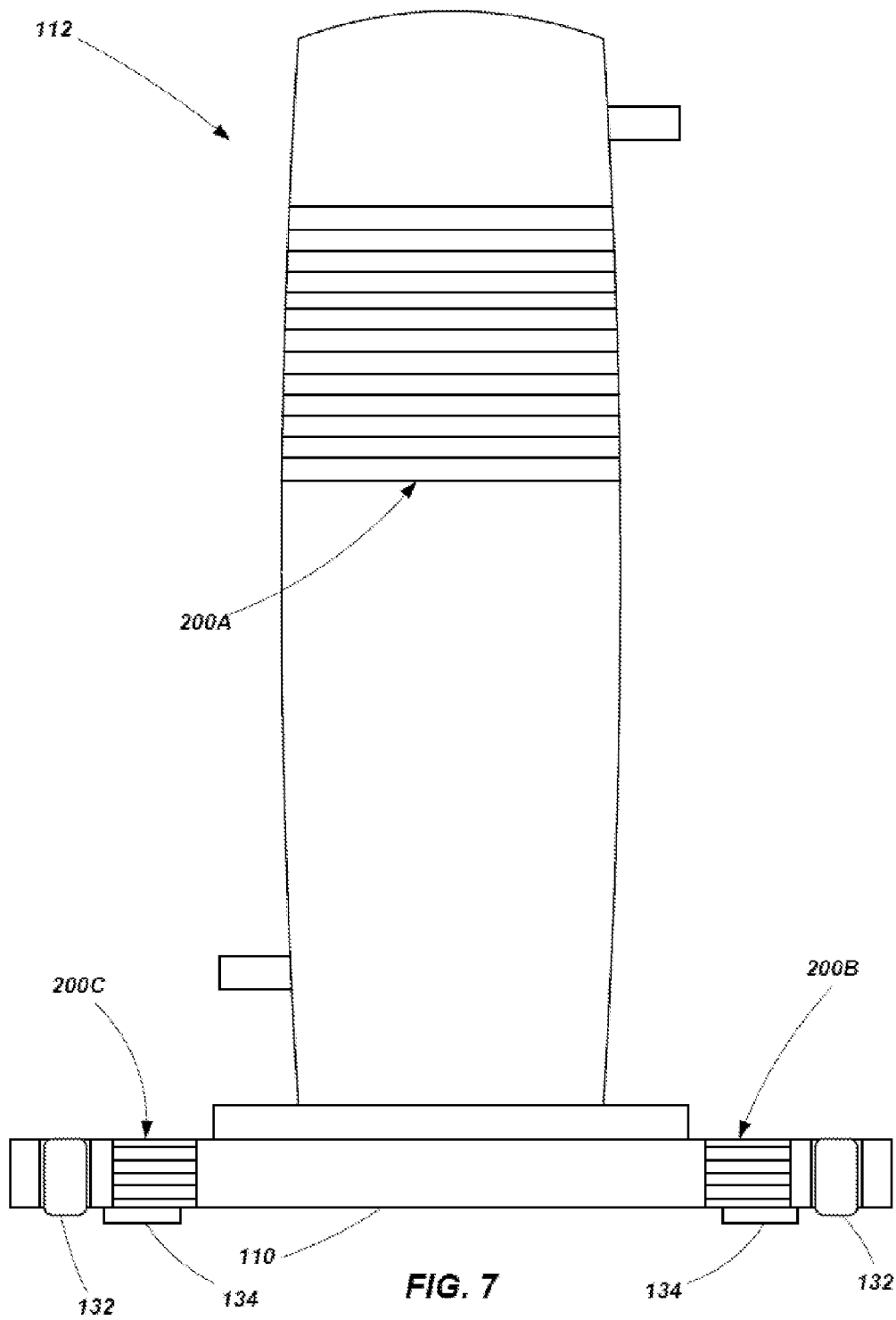


FIG. 6





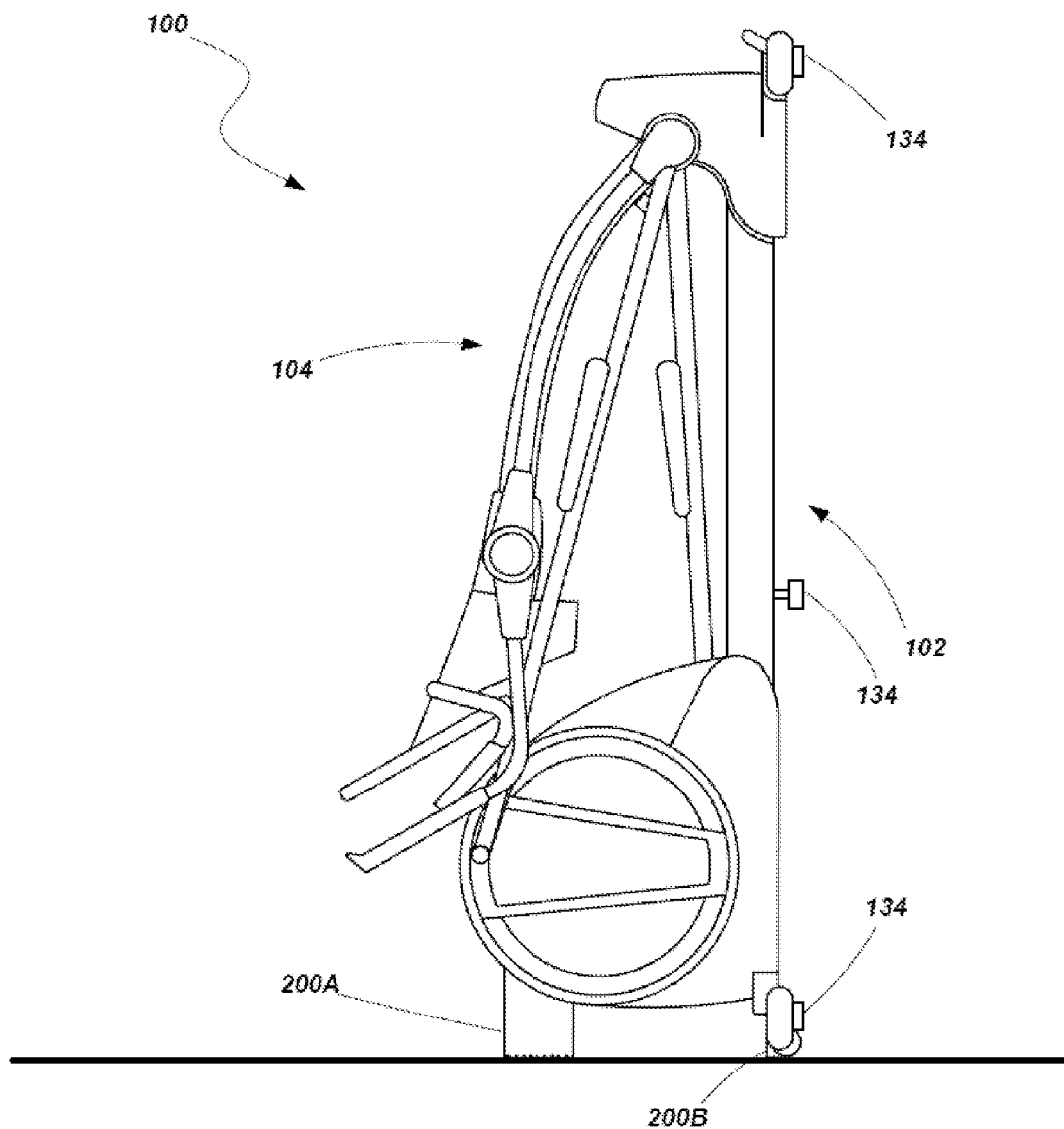
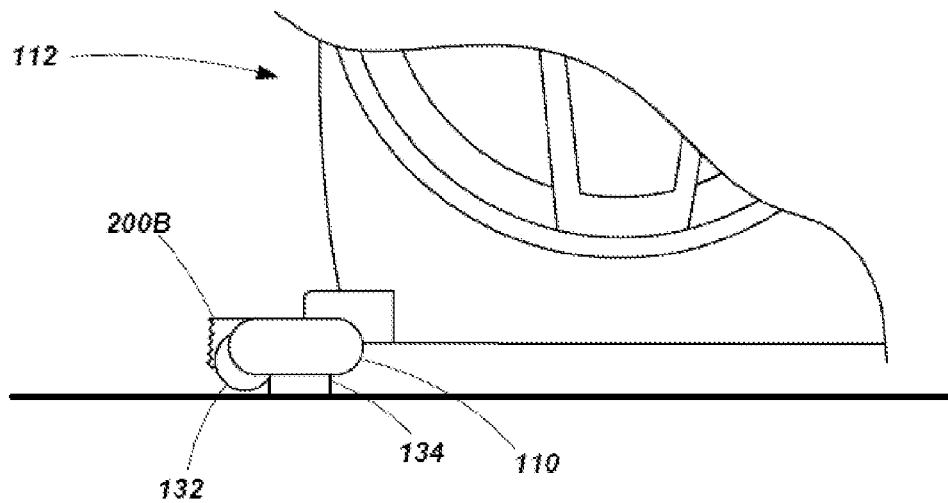
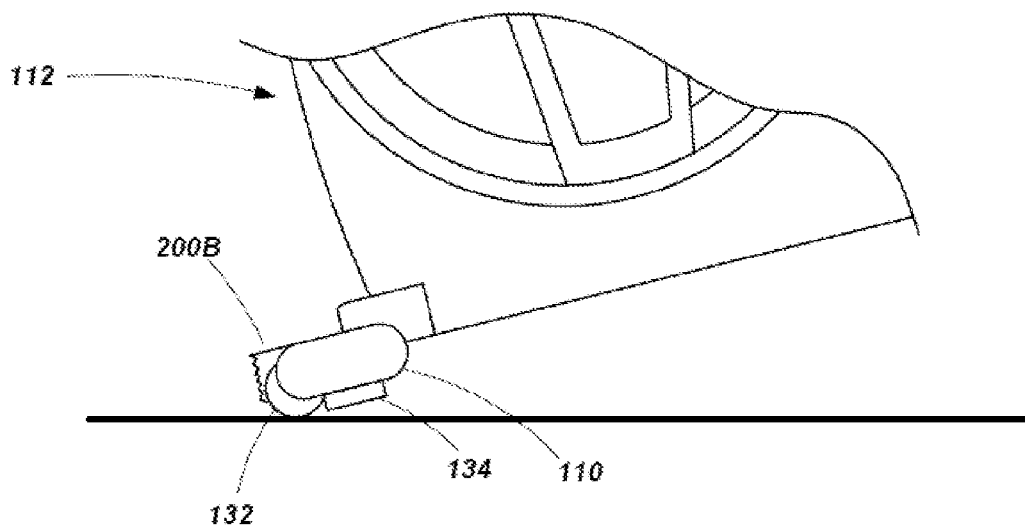


FIG. 8



**FIG. 9A**



**FIG. 9B**

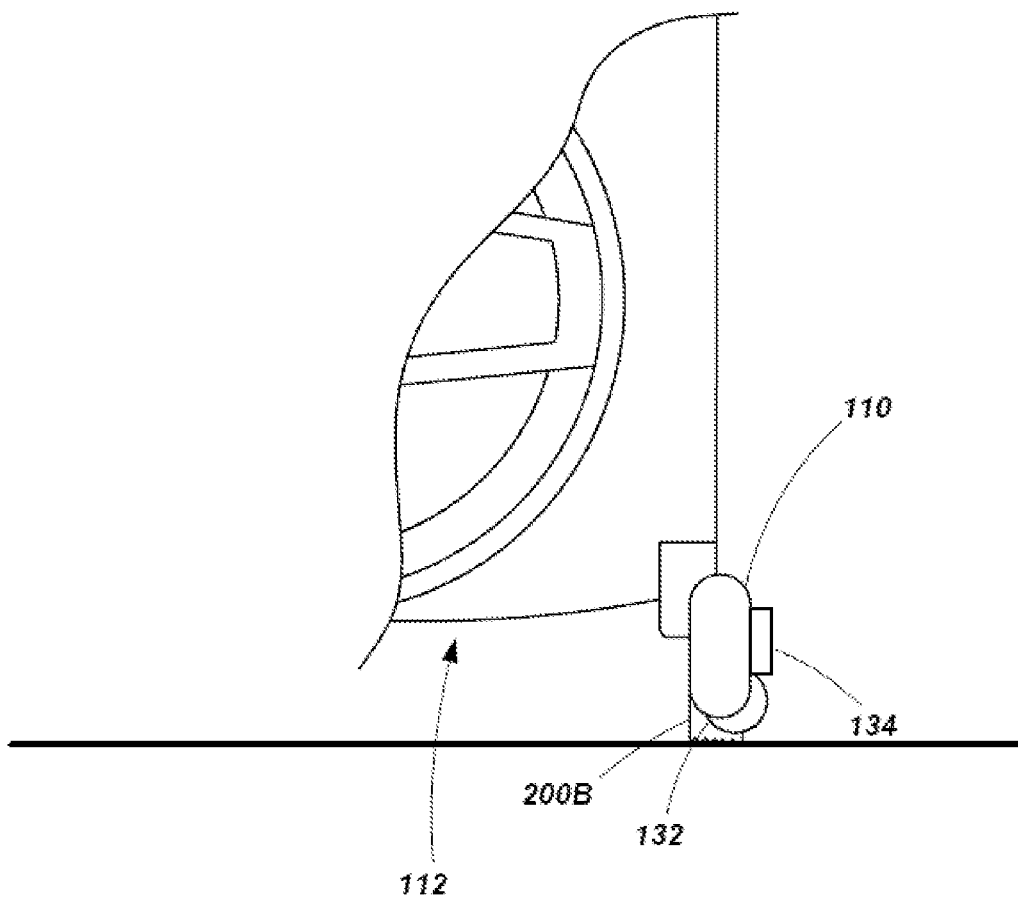
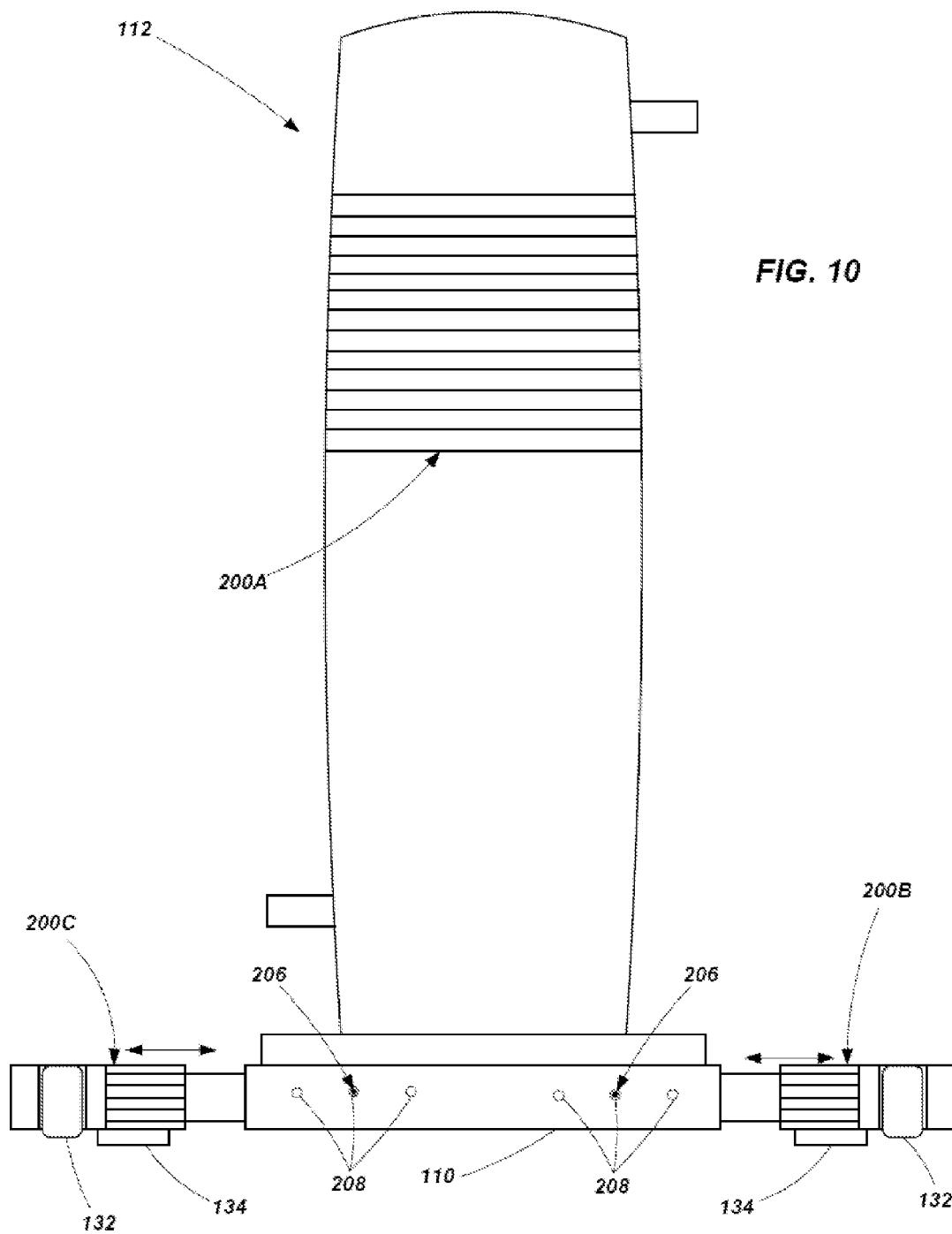
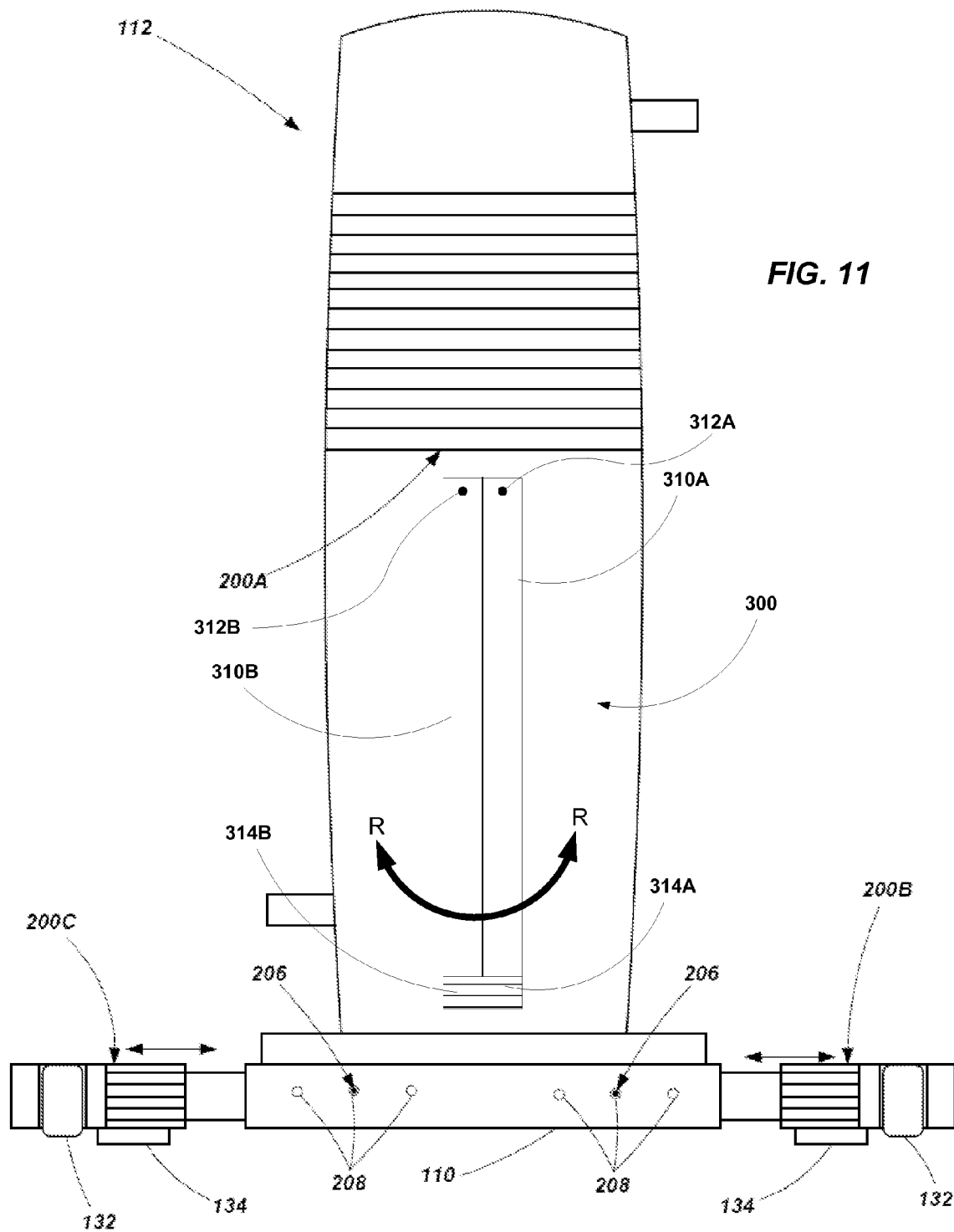
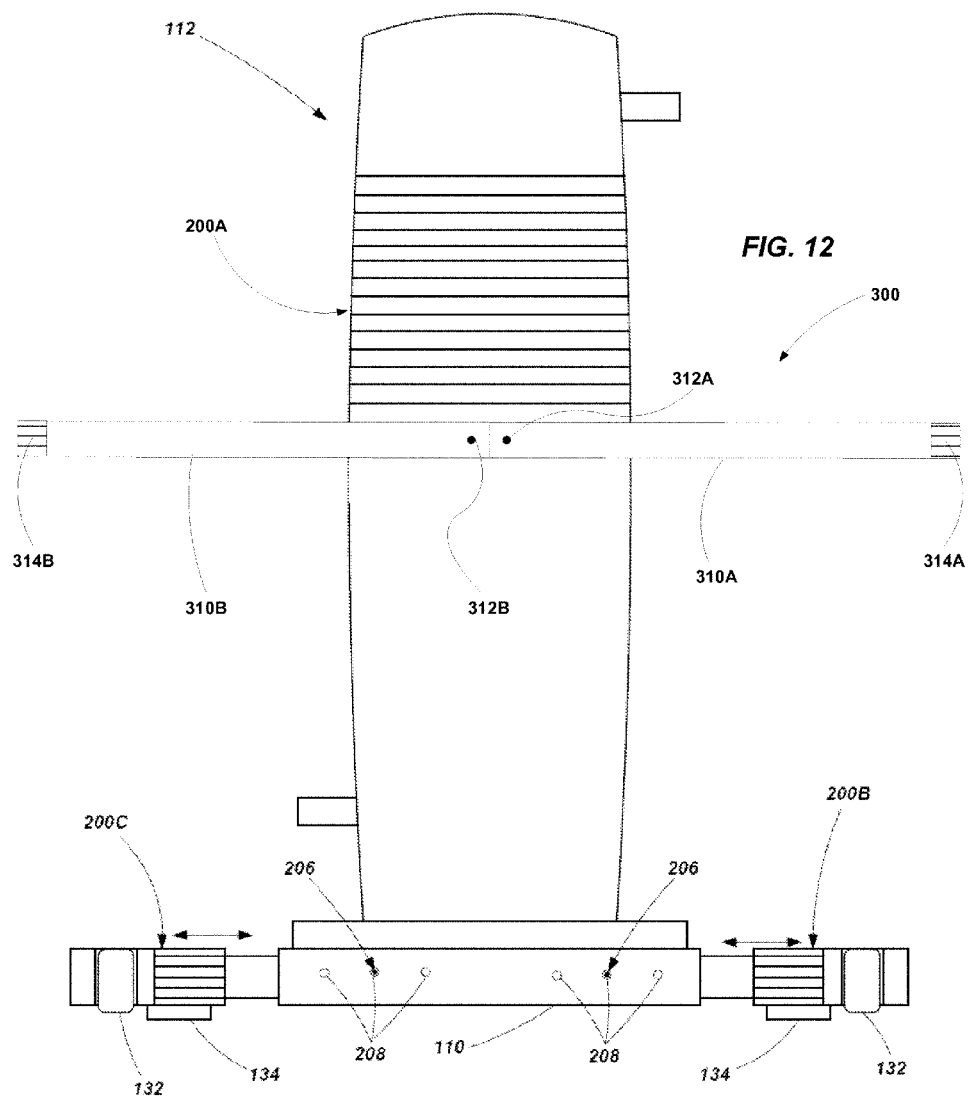


FIG. 9C







1

## FOLDING ELLIPTICAL STABILIZATION SYSTEM

### CROSS-REFERENCE TO RELATED APPLICATIONS

This application claims priority to U.S. Provisional Patent Application No. 61/834,709 filed on Jun. 13, 2013 and is related to U.S. Provisional Patent Application No. 61/834,706 filed on Jun. 13, 2013 and U.S. Provisional Patent Application No. 61/834,711 filed on Jun. 13, 2013.

### TECHNICAL FIELD

The present disclosure relates to exercise equipment. More particularly, the present disclosure relates to elliptical type exercise devices that include a folding mechanism and stabilization features.

### BACKGROUND

There are many types of exercise machines available for individuals to utilize in maintaining physical fitness. Many people have obtained exercise machines for their home so that they can exercise at their convenience without having to travel to a gym or other remote location. Home exercise equipment may include, for example, free weights, weight stacks, resistance weights, treadmills, stationary bicycles and elliptical machines.

While each type of equipment provides certain benefits, elliptical machines are popular with many individuals because they are considered to be a non-impact exercise which is easy on the joints of an individual. Generally speaking, conventional elliptical machines include alternating reciprocating foot supports configured to traverse or travel about a closed path to simulate a striding, running, walking, and/or a climbing motion for the individual using the machine. Each reciprocating foot support conventionally has one end supported for rotational motion about a pivot point, with the other end supported in a manner configured to cause the reciprocating foot support to travel or traverse a closed path, such as a reciprocating elliptical or oblong path or other similar geometric outline. During operation of the elliptical machine, each reciprocating foot support is caused to travel or traverse the closed path, thereby simulating a striding motion of the user for exercise purposes. The reciprocating foot supports are conventionally configured to be out of phase with one another by 180° in order to simulate a proper and natural alternating stride motion.

An individual may utilize an elliptical exercise machine by placing his or her feet onto the reciprocating foot supports and actuating the exercise machine to cause the reciprocating foot supports to repeatedly travel their respective closed paths. This action effectively results in a series of strides achieved by the individual to obtain exercise, with a low-impact advantage. An elliptical exercise machine may further include mechanisms or systems for increasing the resistance of the motion. In addition, the reciprocating motion of the feet to achieve a series of strides may be complemented by a reciprocating movement of the arms, whether assisted by the exercise machine via a suitably configured mechanism or system, or unassisted.

Elliptical machines may be configured as a “front mechanism” or a “rear mechanism” type machine. Such a designation indicates where the rotating mechanism (typically a fly-wheel) attached to the foot supports is located—i.e., at the front of the machine or at the rear of the machine. The location

2

of the rotating mechanism typically has an impact on the path of the foot supports. For example, a front mechanism is often considered to produce a longer, flatter stride, while a rear mechanism is considered to produce a rounder path that includes more elevation change within the path. To a certain degree, the issue of choosing an elliptical machine with either a rear mechanism or a front mechanism is a matter of choice by the user.

One of the inherent characteristics of an elliptical machine is the inherently large size of such equipment. In other words, elliptical exercise machines typically occupy a substantial amount of space within a room and require even more space for proper operation. While space is not a major issue in most commercial settings, such as athletic fitness or sports centers, spas, resorts, etc., the same is not true when the exercise machine is intended for residential use. It is noted that, when in a residential setting, elliptical machines are typically not in use for the majority of the day and, thus, simply consume space for the majority of their existence.

There have been a variety of attempts to provide an elliptical exercise machine that is also “space saving” in some aspect or another. However, such attempts have often resulted in some type of compromise in the overall design of the machine or have not provided the performance or the convenience expected by an end user.

Examples of elliptical machines that have been configured to fold, in an attempt to save space during non-use of the elliptical machine include those described by U.S. Pat. No. 7,775,940 to Dalebout et al., U.S. Pat. No. 6,190,289 to Pyles et al. and PCT Patent Application Publication No. WO2008138124 to Spark Innovations, Inc. The Pyles patent describes an elliptical machine having a front mechanism, wherein foot supports and related components are pivotable upwards toward the control panel/display to be placed in a storage position or state. The Dalebout patent appears to describe an elliptical machine having a rear mechanism, wherein various components are decoupled or disconnected in order to “fold” the elliptical machine into a storage position (and reconnected in order to be placed back into a useable state). The Spark Innovations publication appears to describe an elliptical machine with a rear mechanism wherein the reciprocating arms require adjustment to their positions in order to be transitioned between a useable state and the stored state.

In view of the foregoing, it would be desirable to provide an elliptical exercise machine that maintains all of the beneficial operational functions of prior related elliptical exercise machines while in operation, but that also is capable of substantially reducing the space being occupied by the elliptical exercise machine in a given room when it is not in use.

### SUMMARY

In one aspect of the disclosure, an elliptical exercise machine is provided. The elliptical exercise machine includes a first assembly and a second assembly. The first assembly includes a first frame member extending in a substantially horizontal direction while the elliptical exercise machine is in an operable state, a rear rotational mechanism associated with the first frame member, a first foot support member pivotally coupled to a portion of the rotational mechanism and a second foot support member pivotally coupled to another portion of the rotational mechanism. The second assembly includes a second frame member, a first reciprocating arm pivotally coupled with the second frame member and a second reciprocating arm pivotally coupled with the second frame member. A plurality of support structures are configured to support



the elliptical machine in an upright storage position wherein the first frame member extends in a substantially vertical direction.

In another aspect, which may be combined with one or more other aspects, the plurality of support structures includes at least one support structure located adjacent the rear rotational mechanism.

In another aspect, which may be combined with one or more other aspects, the first assembly includes a rear cross member coupled with the first frame member, wherein the at least one support structure includes one or more support structures coupled with the rear cross member.

In another aspect, which may be combined with one or more other aspects, the first assembly includes a front cross member coupled with the first frame member and a handle coupled with the front cross member.

In another aspect, which may be combined with one or more other aspects, at least one wheel is coupled with the second cross member.

In another aspect, which may be combined with one or more other aspects, at least one support pad is coupled with the second cross member.

In another aspect, which may be combined with one or more other aspects, when the elliptical machine is in the operational position, the at least one support pad is engaged with the ground but the at least one support structure is not engaged with the ground; and when the elliptical machine is in the upright storage position, the at least one support structure is engaged with the ground but the at least one support pad is not engaged with the ground. Further, when the elliptical machine is in a position between the operational position and the upright storage position, the at least one wheel is engaged with the ground but neither of the at least one support structure and the at least one support pad is engaged with the ground.

In another aspect, which may be combined with one or more other aspects, the rear cross-member includes a first telescoping section and a second telescoping section, and wherein the one or more support structures coupled with the rear cross member include a first support structure associated with the first telescoping section and a second support structure associated with the second telescoping section.

In another aspect, which may be combined with one or more other aspects, the at least one support structure includes a ground engagement surface configured with a slip-resistant feature. Such a slip-resistant feature may include a plurality of grooves and ridges.

In another aspect, which may be combined with one or more other aspects, the second assembly is displaceable between a first position and a second position relative to the first assembly.

In another aspect, which may be combined with one or more other aspects, the first frame member, the rotational mechanism, the first foot support member and the second foot support member maintain their operational relationships with each other while in both the first position and the second position, and the second frame member, the first reciprocating arm and the second reciprocating arm maintain their operational relationships with each other while in both the first position and the second position.

In another aspect, which may be combined with one or more other aspects, the elliptical machine further includes a pivot structure coupled between the first frame member and the second frame member.

In another aspect, which may be combined with one or more other aspects, the first foot support member is pivotally

coupled the first reciprocating arm and the second foot support is pivotally coupled with the second reciprocating arm.

In another aspect, which may be combined with one or more other aspects, a locking mechanism is configured to selectively maintain the second assembly in the first position relative to the first assembly.

In another aspect, which may be combined with one or more other aspects, the locking mechanism includes a fastener coupled with a hand-rotatable handle, the fastener being associated with the second assembly, wherein the fastener is configured to selectively engage a component associated with the first assembly.

In another aspect of the disclosure, an elliptical machine is provided that includes at least one frame member, a rear rotational mechanism associated with the at least one frame member, a first foot support member pivotally coupled to a portion of the rotational mechanism, a second foot support member pivotally coupled to another portion of the rotational mechanism, a plurality of support pads, each support pad having an engagement surface lying substantially in a first plane and a plurality of support structures, each support structure having an engagement surface lying substantially in a second plane, the first plane being at a defined angle relative to the second plane.

In another aspect, which may be combined with one or more other aspects, the defined angle is between approximately 75° and approximately 105°. In another aspect, the defined angle is approximately 90°.

In another aspect, which may be combined with one or more other aspects, a cross member is associated with the at least one frame member, wherein at least one support pad and at least one support structure are associated with the cross member.

In another aspect, which may be combined with one or more other aspects, at least one wheel is associated with the cross member.

In another aspect of the disclosure, a method of storing an elliptical exercise machine is provided. The method includes rotating the entire elliptical exercise machine from a first, operational position, to a second, storage position and stabilizing the elliptical machine on a plurality of support structures while in the second, storage position.

In another aspect, which may be combined with one or more other aspects, rotating the entire elliptical device includes rotating the entire elliptical device through an angle of between approximately 75° and approximately 105°. In one particular aspect, rotating the entire elliptical devices includes rotating the entire elliptical device through an angle of approximately 90°.

#### BRIEF DESCRIPTION OF THE DRAWINGS

The accompanying drawings illustrate various embodiments of the present methods and systems and are a part of the specification. The illustrated embodiments are merely examples of the present systems and methods and do not limit the scope thereof.

FIG. 1 is a perspective view of an elliptical exercise machine;

FIG. 2 is a first side view of the elliptical machine shown in FIG. 1;

FIG. 3 is side view of an elliptical machine according to another embodiment;

FIG. 4 is a side view of the elliptical machine shown in FIGS. 1 and 2 while in a stowed or stored position;

FIG. 5 is an enlarged detail view of certain portions the elliptical machine as shown in FIG. 4;

5

FIG. 6 is a partial cross-sectional view of a portion of the elliptical machine;

FIG. 7 is a rear view of the elliptical machine shown in FIG. 1;

FIG. 8 is a side view of the elliptical machine shown in FIGS. 1 and 2 while in another stowed or stored position;

FIGS. 9A-9C are enlarged detail views of various components of an elliptical machine while in different states;

FIG. 10 is a rear view of an elliptical machine in accordance with another embodiment;

FIG. 11 is a rear view of an elliptical machine including a base-widening features;

FIG. 12 is a rear view of the elliptical machine of FIG. 11 with the base-widening features deployed.

Throughout the drawings, identical reference numbers designate similar, but not necessarily identical, elements.

#### DETAILED DESCRIPTION

Referring to FIGS. 1 and 2, an elliptical exercise machine 100 is shown and described. The elliptical exercise machine 100 includes a first assembly 102 operatively coupled with a second assembly 104. The first assembly 102 includes a longitudinal frame member 106 coupled with a first foot or cross member 108 and a second foot or cross member 110. A rear drive/resistance mechanism 112 (referred to herein as the rear mechanism 112 for convenience) is coupled with the frame member 106 and may include, for example, a flywheel and a resistance mechanism as will be appreciated by those of ordinary skill in the art. The resistance mechanism may include a magnetic braking mechanism, sometimes referred to as an eddy current brake, to provide a desired level of resistance to the user during operation of the exercise machine 100. While described in connection with an exercise bicycle, one example of a flywheel, as well as an associated magnetic braking mechanism, is described by U.S. Patent Application Publication No. 2012/0088638 to Lull (application Ser. No. 13/267,719), the disclosure of which is incorporated by reference herein in its entirety.

The lower assembly 102 further includes a first reciprocating foot support 114 and a second reciprocating foot support 116. The first foot support 114 has a first end 118 and a second end 120, the second end 120 being pivotally coupled with the rear mechanism 112 such that the second end 120 of the foot support 114 travels in a substantially circular path during operation of the elliptical machine 100. A foot pad 122 is disposed on the first foot support at a location between the first end 118 and the second end 120. The foot pad 122 is sized and configured to receive and support a foot of a user and may either be integrally formed with the foot support 114 or formed as a separate component and coupled with the foot support 114 (e.g., by fasteners, adhesive, or other mechanical or material techniques). The second reciprocating foot support 116 likewise includes a first end 124 and a second end 126, with the second end 126 being pivotally coupled with the rear mechanism 112 such that the second end 126 of the foot support 116 travels in a substantially circular path during operation of the elliptical machine 100. A second foot pad 128 is disposed on the second foot support 116 at a location between the first end 124 and the second end 126.

The first and second reciprocating foot supports 114 and 116 are laterally spaced apart from one another such that each of the corresponding foot pads 122 and 128 receive the right and left feet, respectively, of a user for facilitating a striding motion with the user during use of the machine 100. The foot pads 122 and 128 may be configured with surface features (e.g., ribs, grooves, knobs, etc) to provide traction to the foot

6

of a user. In other embodiments, while the foot pads may not necessarily include surface features, they may include a non-slip material to provide traction to the foot of a user. The foot pads 122 and 128 may be adjustable relative to their associated foot supports 114 and 116 such that they may be positioned at different locations along the lengths of the foot supports 114 and 116 to accommodate the preferences of different users.

The first assembly 102 may include a number of additional components or features. For example, a handle 130 may be coupled with front cross member 108 to assist in lifting or moving the elliptical machine 100. Additional handles may be coupled to other portions of the elliptical machine 100 to further enable a user to more easily lift or move the elliptical machine 100. One or more wheels 132 may be coupled to the rear cross member 110 to enable a user to more easily move the elliptical machine 100 from one location to another by, for example, lifting on the front handle 130 and rolling the elliptical machine 100 across the floor. Additionally, feet or support pads 134 may be coupled to various portions of the first assembly 102 and may be configured to engage the floor or a supporting surface. The support pads 134 may be adjustable so that the elliptical machine 100 may be leveled on a given surface prior to operation by a user. It is noted that in one embodiment, the under surface of the cross members 108 and 110 may serve as support pads. In another embodiment, caps positioned over the ends of the cross members 108 and 110 may serve as support pads.

The second assembly 104 includes an upright frame member 140 with a control panel 142 coupled therewith. The control panel 142 may include a variety of input devices 144 (e.g., switches, buttons, touch pads) and output devices 146 (e.g., graphic displays, lights, audio speakers) to facilitate control of the elliptical machine 100. The input devices 144 may be used to turn the elliptical machine 100 on or off, to control the amount of resistance being applied to the flywheel of the rear mechanism 112, to enable preset exercise programs, or to otherwise control the operation of the elliptical machine. The various output devices 146 may be used to provide a user with an indication of the operating status of the elliptical machine 100 and to provide other information (e.g., time exercised, calories burned, etc.) to the user.

A variety of additional components may also be coupled with the frame member 140. For example, a tray 148, which may include a cup holder or other structure, may be coupled with the frame member 140. Also, a pair of stationary hand grips 150 may be coupled with the upright frame member 140. While not specifically shown, other components, such as a fan, may also be coupled with the frame member 140 as will be recognized by those of ordinary skill in the art.

The second assembly 104 also includes a first reciprocating arm 152 and second reciprocating arm 154. The first reciprocating arm 152 includes a first end 156 and a second end 158. Similarly, the second reciprocating arm 154 includes a first end 160 and a second end 162. Upper portions of the reciprocating arms 152 and 154 near the first ends 156 and 160 are configured as grips or handles for a user to grasp with their hands while exercising. The second ends 158 and 162 of the reciprocating arms 152 and 154 are pivotally coupled with the first ends 118 and 124 of the foot support members. Each of the reciprocating arms 152 and 154 are pivotally coupled to the frame member 140 through associated pivoting structures 164. The pivoting structures 164 may include, for example, a bearing member that enables the reciprocating arms to pivot back and forth along an axis of rotation 166 in a reciprocating fashion.

During operation of the elliptical machine **100**, a user places their feet on the foot pads **122** and **128** and applies a force in order to motivate the foot supports **114** and **116** to move through their defined looping pathways. The pathway of the foot supports **114** and **116** (and thus the foot pads **122** and **128**) is defined in part by the connection of the foot supports **114** and **116** with the rear mechanism **112** and in part by the connection of the foot supports **114** and **116** with the reciprocating arms **152** and **154**.

In addition to the two assemblies **102** and **104** being connected by way of the pivoting connection of the foot supports **114** and **116** with associated reciprocating arms **152** and **154**, the longitudinal frame member **106** is pivotally coupled with the upright frame member **140** by a pivoting structure **170**. Again, the pivoting structure **170** may include a bearing component (e.g., a sleeve bearing, a roller bearing, or other appropriate structure) to accommodate pivoting movement of the upright frame member **140** relative to the longitudinal frame member **106**. Associated with the pivoting structure **170**, a locking or coupling mechanism **172** may be used to affirmatively maintain the frame members **106** and **140** (and, thus, the assemblies **102** and **104**) in their operating positions as shown in FIGS. **1** and **2** and as will be described in further detail below.

Referring briefly to FIG. **3**, another embodiment of an elliptical exercise machine **180** is shown. The elliptical machine is similar to that shown and described with respect to FIGS. **1** and **2** above, including a first assembly **102**, a second assembly **104** and the various components described above. The elliptical machine **180** shown in FIG. **3** further includes an incline adjustment mechanism **182** that enables selective height adjustment of the front cross member **108** relative to the rear cross member **110**, thereby altering the angular orientation of the foot supports **114** and **116** and their associated pathways. The incline adjustment mechanism **182** may include, for example, a pair of arms **184** or links (one shown in FIG. **3**) pivotally coupled between the front cross member **108** and the longitudinal frame member **106**, as well as an actuator **186**, such as a jackscrew, a pneumatic cylinder, a stepper motor or other appropriate actuating mechanism.

Referring now to FIG. **4**, the elliptical machine **100** is shown in a folded or storage position, wherein the second assembly **104** has been rotated about the pivot structure **170** relative to the first assembly **102** such that the upper portion of the second assembly **104** (e.g., the control panel **142**, the hand grips **150**) are positioned adjacent the rear portion of the first assembly **102** (e.g., the rear mechanism **112**). It is noted that the embodiment described with respect to FIG. **3** is also configured to fold or transition into a collapsed or storage condition in a manner similar to that shown in FIG. **4**. In one embodiment, such folding or collapsing of the elliptical machine **180** shown in FIG. **3** may be enabled regardless of the current inclined position of the elliptical machine **180**. In another embodiment, the pivoting structure **170** of the elliptical machine **180** may be configured to remain in a locked state until the elliptical machine **180** is in a predefined inclination position (e.g., completely lowered to toward the floor or supporting surface).

Referring briefly to FIG. **5**, an enlarged view of the various components of the elliptical machine **100** are shown in a folded or collapsed state. FIG. **5** shows the second assembly **104** rotated about the pivot structure **170** relative to the first assembly **102**. It is noted that, when in the position or state shown in FIGS. **4** and **5**, the pivotal axes of the connections between foot supports **114** and **116** and associated reciprocating arms **152** and **154** are aligned with the pivotal axis of

the pivot structure **170** which couples the longitudinal frame member **106** and the upright frame member **140**.

Referring to FIG. **6**, a partial cross-sectional view is shown of portions of the first and second assemblies **102** and **104** including a locking or coupling mechanism **172** which is engaged to maintain the first and second assemblies **102** and **104** in their operating positions. In one embodiment, the coupling mechanism **172** may include a fastener **190** having a handle or knob **192** coupled therewith enabling a user to rotate the fastener by hand (i.e., without the need for additional tools). The fastener **190** may be configured to be rotationally coupled with the upright frame member **140** of the second assembly **104**. The fastener may be configured to threadably engage a structure or component of the first assembly **102**. For example, a post **194** or other structural component may be coupled with the longitudinal frame member **106** and include, for example, a plate **196** through which a threaded aperture is formed. The fastener **190** may then selectively engage and disengage the threaded aperture in order to either maintain the first and second assemblies **102** and **104** in an operating condition (as shown in FIGS. **1**, **2**, **3** and **6**) or to enable relative rotation of the first and second assemblies **102** and **104** so that they may be placed in a stored or collapsed condition (as depicted in FIGS. **4** and **5**). While the embodiment shown in FIG. **5** includes a fastener **190** used to affirmatively couple the first assembly **102** and the second assembly **104** in an operating position, other mechanisms and structures may also be used. For example, a locking mechanism with a cam surface may be used to provide an affirmative coupling. Other examples may include locking pins that may be inserted in aligned apertures of different components of the first and second assemblies **102** and **104**.

It is noted that the upright arm **140** of the second assembly **104** is configured such that it does not interfere with the post **194** or plate **196** (or other similar structure) when rotating between an operational position and a collapsed position. For example, if the upright arm **140** is formed from structural tubing (e.g., with a square or rectangular cross-section), a portion of the tubing may be removed, as shown in FIG. **6**, to provide an opening **198** that enables non-interfering rotation of the upright frame member **140** relative to the post **194** and plate **196**.

While not specifically shown, a mechanism or structure may be also be provided to lock the first and second assemblies **102** and **104** in a collapsed position so that, for example, if an individual desires to move the elliptical machine **100** (or **180**) while it is in the collapsed position, the first and second assemblies **102** and **104** will maintain their positions relative to each other.

Referring now to FIG. **7**, in conjunction with FIGS. **1-3**, the elliptical machine **100** (or **180** as shown in FIG. **3**) may further include features or mechanisms configured to enable the elliptical machine to be stored in an "upright" position after being folded in a stable and secure manner. In one embodiment, a stabilizing mechanism or system may be provided which includes, for example, a plurality of support surfaces **200A-200C**. The support surfaces **200A-200C** may be located at the rear portion of the elliptical machine **100**. For example, one support surface **200A** may be associated with, or located adjacent to, the rear mechanism **112**, and may be formed in a cover or faring associated with the rear mechanism **112**. Other support surfaces (e.g., **200B** and **200C**) may be associated with the rear cross member **110**.

As seen in FIG. **8**, the multiple support surfaces **200A-200C** work together to support the elliptical machine **100** in a stable upright position. It is noted that the support surfaces **200A-200C** define a common plane to support the elliptical

machine **100** in an upright position with the frame member **106** of the second assembly **102** extending substantially vertically. When in this position, the entire elliptical machine **100** is rotated through a defined angle relative to that shown, for example, in FIG. 2. In one embodiment, this defined angle may be between approximately 75° and approximately 105°. In one particular embodiment, the defined angle may be approximately 90°. Stated another way, the support pads **134** may include engagement surfaces (to engage the ground or floor) that are all positioned substantially in a first plane while the support structures **200A-200C** may each include engagement surfaces (to engage the ground or floor) that are all positioned substantially in a second plane, the first plane and the second plane being at a defined angle relative to each other (e.g., approximately 90°, or between approximately 75° and approximately 105°).

While three distinct support surfaces are shown in the presently depicted embodiment, a configuration may be employed where a different number of support surfaces are used, with each lying substantially within a common plane such that the elliptical machine may be support in an upright manner. Additionally, the support structures may be located at different positions than shown in the drawings, and/or associated with different components than shown in the drawings if desired.

As seen in FIGS. 1-4, 7 and 8, the support surfaces **200A-200C** may be configured to provide a desired level of friction so as to engage the ground in a non-slip manner when the elliptical machine is in an upright position. For example, the support surfaces **200A-200C** may include a plurality of protrusions to engage the ground. In the example shown, the protrusions are defined as substantially parallel ridges **202** with grooves **204** extending therebetween. However, other configurations are also contemplated. For example, a gnarled surface, a generally undulating surface, a surface coated with a material having a relatively high coefficient of friction, or other configuration may be used.

In one embodiment, the support surfaces **200A-200C** may be formed from a relatively rigid material including, for example, a plastic, a metal or a metal alloy material. In another embodiment, the body of the support surface may be formed of a relatively rigid material, while the surface that engages the ground is formed from somewhat less rigid material (e.g., a coating formed of a rubber or polymer material) so that the support surfaces **200A-200C** may engage a hard floor (e.g., wood or tile) without marring the floor. In yet another embodiment, the support surfaces **200A-200C** may be formed of a relatively rigid material, and a removable cap may be formed of a different material (e.g., a softer or less rigid material) may be fitted over the ends of the support surfaces **200A-200C** that will engage the floor when in an upright position.

Referring now to FIGS. 9A-9C (in conjunction with the other drawings generally), an enlarged view of a rear portion of the elliptical machine **100** is shown while in different positions. FIG. 9A depicts a portion of the rear mechanism **112** with the rear cross member **110** (and associated support member **200B**, wheel **132** and support pad **134**) when the elliptical machine **100** is in a position for use (e.g., as shown in FIGS. 1 and 2), or when the elliptical machine **100** is in a folded state (e.g., FIG. 4) but has not been placed in an upright position. As seen in FIG. 9A, the support pad **134** is resting on the ground supporting the elliptical machine **100** while the wheel **132** is slightly off the ground and the support surface **200B** is also not touching the ground.

FIG. 9B depicts the same components as FIG. 9A, but with the front end of the elliptical machine lifted upwards such that

support pad **134** associated with the front cross member **108** (FIGS. 1-3) is lifted off the ground. With the elliptical machine **100** being rotated or pivoted to a defined angle relative to the ground, the support pad **134** no longer contacts the ground, the wheel **132** now engages the ground so that, if desired, the elliptical machine may be easily rolled to a different location, and the support structure **200B** is still out of engagement with the ground.

FIG. 9C depicts the same components as FIGS. 9A and 9B, except the elliptical machine is now in an upright position (such as shown in FIG. 8) with the support structure **200B** in contact with the ground. While in this position, the wheel **132** and the support pad **134** are both out of engagement with the ground.

It is noted that, in other embodiments, it is possible, for example, for the wheel **132** to remain in contact with the ground simultaneously with the support pad **134** while the elliptical machine **100** is in a position for user or operation by a user. Additionally, or alternatively, it is possible for the wheel **132** to remain engaged with the ground simultaneously with the support structure **200B** while the elliptical machine **100** is in an upright position such as shown in FIG. 8.

Referring briefly to FIG. 10, a rear view of an elliptical machine is shown wherein one or more of the support surfaces **200A-200C** are configured to be adjustable. For example, the support structures **200B** and **200C** associated with the rear cross member **110** may be selectively adjusted between a number of lateral positions. Such may be accomplished, for example, by configuring the rear cross member **110** to include telescoping sections **110A** and **110B**. The telescoping sections **110A** and **110B** may be selectively locked at one of a variety positions using, for example, a biased detent or spring-pin mechanism **206** configured to serially engage a plurality of openings or apertures **208** formed in a portion of the rear cross-member **110**. While not specifically shown, the upper support structure **200A** may be configured to be selectively displaced in addition to, or in alternative to, the support structures **200B** and **200C** associated with the rear cross-member **110**.

Referring now to FIGS. 11 and 12, additional support features may be added or otherwise incorporated into the rear mechanism **112** of the elliptical machine. As illustrated in FIGS. 11 and 12, a base expansion member **300** can be coupled to the rear mechanism **112** of the elliptical machine to provide additional support structures for when the elliptical is in an upright stored position. As illustrated, the base expansion member **300** can include a plurality of rotatable legs **301A** and **310B** rotatably attached via a pivot pin **312A** and **312B**, to the rear mechanism **112** such that they are disposed and rotate in the same plane as the previously mentioned support structures **200A-C**.

As shown in FIG. 11, each of the plurality of rotatable legs **301A** and **310B** include a support surface **314A-314B** disposed on the end thereof. As shown in FIGS. 11 and 12, the base expansion member may be deployed by pivoting the plurality of rotatable legs **301A** and **310B** via a respective pivot pin **312A** and **312B** such that the plurality of rotatable legs **301A** and **310B** rotate according to the rotational motion **R**. Once deployed, the plurality of rotatable legs **301A** and **310B** are extended substantially parallel with the rear cross member **110**, as shown in FIG. 12.

Once deployed, the plurality of rotatable legs **301A** and **310B** and their associated support surfaces **314A-314B** create additional points of contact between the elliptical and the bottom surface, when the elliptical is in an upright stored position. The added contact points enhance the stability of the elliptical in an upright stored position.

## 11

## INDUSTRIAL APPLICABILITY

Elliptical exercise machines, while popular for residential use, inherently take up a substantial amount of space in a user's home or apartment. For example, in one embodiment, an elliptical machine may be approximately 24 to 30 inches in width, approximately 76 to 84 inches in length and approximately 62 to 70 inches in height. Some users may not desire to permanently dedicate so much space in their residence to an exercise machine. The elliptical machines described herein provide the ability to place the machine in a collapsed position or state when not in use so that the elliptical machine may be stored or more easily maneuvered and transported.

One of the advantages of the described embodiments above is that the elliptical machine is configured in two assemblies, which may be referred to as an upper assembly and a lower assembly, wherein the upper assembly pivots and folds down on to (or adjacent to) the lower assembly without the need to disassemble or otherwise any of the operational components such as the foot supports or the reciprocating arms. In various prior art devices, in order to collapse or fold into a storage condition. For example, some prior art devices required a "break-away" joint in the foot supports or the reciprocating arms, such that a user would have to disassemble such joints in order to facilitate the folding or collapsing, and then reassemble such joints when the elliptical machine was unfolded or expanded and prior to using the exercise machine again. Moreover, the present design eliminates the possibility of someone trying to use an elliptical machine prior to reassembly of such components, which could possibly result in damage to the machine or injury to the user.

Similarly, folding or collapsing of the assemblies in the elliptical machines described herein does not require the adjustment of any operative components such as the foot supports or reciprocating arms. For example, as previously noted, PCT Patent Application Publication No. WO2008138124 describes a machine wherein the reciprocating arms require adjustment between the operative condition and the stored condition. The present invention does not require any adjustment of the reciprocating arms or the foot supports to in transitioning from the operable condition to the stored condition. Rather, the components of the first assembly all maintain their operational relationship to one another and all the components of the second assembly maintain their operational relationship to one another before and after the folding or unfolding of the elliptical machine. Such a configuration enables very simple folding and deployment of the elliptical machine by a user since they don't have to adjust any critical components (e.g., foot supports or reciprocating arms) and ensures that the elliptical machine is in a ready immediately after unfolding.

The ability to fold or collapse the elliptical machine further provides advantages in moving or transporting the machine when not in use. Besides taking up less space when in a folded state, the elliptical machine is much easier to handle or transport when in the folded state since it is more compact and its center of gravity is more amenable to lifting and maneuvering making it less likely to tip or fall. Furthermore, the ability to fold and unfold the elliptical machine makes it easier to ship or transport in a small package while not requiring assembly after shipping or purchase by the end user.

When rotated into an upright position such that the elliptical machine is supported by the support structures (such as shown in FIG. 8), the elliptical machine takes up considerable less floor space. Stated another way, the elliptical machine may be stored in such a manner as to reduce its footprint. In embodiments where the support structures are selectively

## 12

positionable, or adjustable, a wider base (defined by the support structures) may be provided for increased stability of the elliptical machine while still reducing the size of its footprint (i.e., comparing the footprint of the elliptical machine while in an upright, stored position with that of an operating state or position).

The configuration of support structures with anti-slip features additional help to stabilize the elliptical machine while it is in an upright, stored position. In embodiments where removable covers may be placed on the support structures, such provides a user the ability to choose the type of engagement surface depending, for example, on the type of floor on which the elliptical machine will be stored. In one embodiment, a more rigid support structure may be used when the floor or support surface is, for example, carpet or an exercise mat of some sort. On the other hand, a relatively softer cover may be used if the support surface is a fairly hard and slick surface such as wood or tile.

An elliptical machine having a rear cross member with the various components described herein (such as a foot, wheel and support structure) also provides for a stable structure in both operational and storage positions, while also providing flexibility in being able to maneuver the elliptical machine from one location to another.

What is claimed is:

1. An elliptical exercise machine comprising:

a first assembly comprising:

a first frame member extending in a substantially horizontal direction while the elliptical exercise machine is in an operable state;

a rear rotational mechanism associated with the first frame member;

a first foot support member pivotally coupled to a portion of the rotational mechanism;

a second foot support member pivotally coupled to another portion of the rotational mechanism;

a plurality of support pads connected to the first assembly, wherein the plurality of support pads are aligned in a first plane;

a second assembly comprising:

a second frame member;

a first reciprocating arm pivotally coupled with the second frame member;

a second reciprocating arm pivotally coupled with the second frame member; and

a plurality of support structures, aligned in a second plane, configured to support the elliptical machine in an upright storage position wherein the first frame member is reoriented to extend in a substantially vertical direction when in the upright storage position;

wherein the first plane and the second plane are at an angle between 75 degrees and 105 degrees; and

wherein the plurality of support structures includes at least one support structure located adjacent to the rear rotational mechanism.

2. The elliptical exercise machine of claim 1, wherein the second assembly is displaceable between a first position and a second position relative to the first assembly.

3. The elliptical exercise machine of claim 2, wherein: the first frame member, the rotational mechanism, the first foot support member and the second foot support member maintain their operational relationships with each other while in both the first position and the second position; and the second frame member, the first reciprocating arm and the second reciprocating arm maintain their operational relationships with each other while in both the first position and the second position.

## 13

4. The elliptical exercise machine of claim 3, further comprising a pivot structure coupled between the first frame member and the second frame member.

5. The elliptical exercise machine of claim 4, wherein the first foot support member is pivotally coupled the first reciprocating arm and wherein the second foot support is pivotally coupled with the second reciprocating arm.

6. The elliptical exercise machine of claim 5, further comprising a locking mechanism configured to selectively maintain the second assembly in the first position relative to the first assembly.

7. The elliptical exercise machine of claim 6, wherein the locking mechanism includes a fastener coupled with a hand-rotatable handle, the fastener being associated with the second assembly, wherein the fastener is configured to selectively engage a component associated with the first assembly.

8. The elliptical exercise machine of claim 1, wherein the first assembly includes a rear cross member coupled with the first frame member, wherein the at least one support structure includes one or more support structures coupled with the rear cross member.

9. The elliptical exercise machine of claim 8, wherein the first assembly includes a front cross member coupled with the first frame member and a handle coupled with the front cross member.

10. The elliptical exercise machine of claim 9, further comprising at least one wheel coupled with the rear cross member.

11. The elliptical exercise machine of claim 10, wherein at least one of the plurality of support pads is coupled with the rear cross member.

12. The elliptical exercise machine of claim 11, wherein:  
when the elliptical machine is in an operational position, at least one of the plurality of support pads is engaged with the ground but the at least one support structure is not engaged with the ground;

when the elliptical machine is in an upright storage position, the at least one support structure is engaged with the ground but the at least one support pad is not engaged with the ground; and

when the elliptical machine is in a position between the operational position and the upright storage position, the at least one wheel is engaged with the ground but neither of the at least one support structure and the at least one support pad is engaged with the ground.

## 14

13. The elliptical exercise machine of claim 8, wherein the rear cross-member includes a first telescoping section and a second telescoping section, and wherein the one or more support structures coupled with the rear cross member include a first support structure associated with the first telescoping section and a second support structure associated with the second telescoping section.

14. The elliptical exercise machine of claim 1, wherein the at least one of the plurality of support structures includes a ground engagement surface configured with a slip-resistant feature.

15. The elliptical exercise machine of claim 14, wherein the slip-resistant feature includes a plurality a groove and ridges.

16. An elliptical exercise machine comprising:  
at least one frame member;  
a rear rotational mechanism associated with the at least one frame member;  
a first foot support member pivotally coupled to a portion of the rotational mechanism,  
a second foot support member pivotally coupled to another portion of the rotational mechanism;  
a plurality of support pads, each support pad having an engagement surface lying substantially in a first plane aligned with ground when the elliptical exercise machine is in an operational orientation;  
a plurality of support structures, each support structure having an engagement surface lying substantially in a second plane aligned with ground when the elliptical exercise machine is in a vertical orientation, the first plane being at a defined angle relative to the second plane;  
wherein the plurality of support structures includes at least one support structure located adjacent to the rear rotational mechanism.

17. The elliptical machine of claim 16, further comprising a cross member associated with the at least one frame member, wherein at least one of the plurality of support pad and at least one of the plurality of support structure are associated with the cross member.

18. The elliptical machine of claim 17, further comprising at least one wheel associated with the cross member.

19. The elliptical machine of claim 16, wherein the defined angle is between 75° and 105°.

\* \* \* \* \*